

Respiratory Isolation

What is respiratory isolation?

Respiratory isolation is a combination of practices used to prevent germs from spreading in the hospital. Germs that cause colds and the flu are spread by respiratory droplets that come from the nose and mouth. Germs are also spread indirectly by touching contaminated door knobs, linens, medical equipment, and other objects in a patient's surroundings. Germs on objects in your surroundings can be removed by cleaning with disinfectant. Good hand hygiene will reduce the spread of germs.

Why are you on respiratory isolation?

Test results show that you have:

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| <input type="checkbox"/> Influenza A | <input type="checkbox"/> Parainfluenza 1, 2, or 3 |
| <input type="checkbox"/> Influenza B | <input type="checkbox"/> Chickenpox / Shingles |
| <input type="checkbox"/> Respiratory Syncytial Virus (RSV) | <input type="checkbox"/> Other _____ |

Important things to know

- Read "Patient Information—Hand Hygiene."

Hand Hygiene

Hand hygiene is the most important way to prevent the spread of germs. Wash your hands with soap and water or use alcohol hand rub often. Ask your care providers and visitors to wash their hands frequently.

Patients

Masks and gloves

- Staff will wear a mask and gloves when they are in your room.

Before you leave your room

- Talk to your nurse. You can leave your room with a staff member for tests and procedures.
- Wash your hands and put on a mask right before you leave your room.
- Do not go to public areas in the hospital (such as the cafeteria, library, gift shop, cafe), or The Children's Inn, Family Lodge, Cloisters apartments, or Woodmont House.
- Organized activities must be approved by the Hospital Epidemiology Service. Ask your nurse if you want to attend organized activities.

If you need...

- To wash your clothes, ask your nurse and he or she will explain the process and provide laundry soap.

- Linens, snacks, or a drink, do not get these items yourself. Your nurse can help, or a family member or visitor can get these.
- A meal and have not received your meal, ask your nurse if it arrived. Once food has been in your room, it cannot be brought out for reheating so it will be kept outside your room until you are ready to eat.

Family and Visitors

Masks

- Visitors are strongly encouraged to put on a mask when entering the isolation room.

Personal items

- Do not bring personal items (such as bags, coats, cell phones, laptops) into the room that cannot be disinfected or discarded.
- Once food has been in the room, it cannot be brought out for reheating. Do not bring food or drinks out of the room.

Leaving the isolation room

- Remove your mask outside of the isolation room and wash your hands.
- Do not visit any other patients.
- You may visit the public areas of the hospital (such as cafeteria, library, gift shop, and cafe) without the patient.
- You may go to The Children's Inn, Family Lodge, Cloisters apartments, or Woodmont House without the patient.

When will isolation end?

- You may be on isolation for a few hours or for several months. Your care provider will tell you when your isolation ends.
- You will be on isolation as an inpatient and outpatient until the Hospital Epidemiology Service determines that isolation is no longer needed.
- Isolation does not determine the length of your hospital stay.

Be informed. Be empowered. Be prepared.

Questions?

Ask your nurse, doctor, or call the Hospital Epidemiology Service at 301-496-2209.

For more information visit the NIH Clinical Center's Patient Portal:

http://patientportal.cc.nih.gov/pt_care/patient_infection_control.shtml

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Questions about the Clinical Center?
<http://www.cc.nih.gov/comments.shtml>
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